

THE WORLD'S STRANGE EVENTS FLASHED ACROSS THE SEAS

COPRA CAKE TO BE BOON TO FILIPINOS

Food Experts Say It Is Good Substitute for Beef-steak.

CHEAP AND HEALTHFUL; MANY TONS AVAILABLE

Government Uses Guinea Pigs to Determine Good Native Foods From Bad.

By Roy C. Bennett.
MANILA, P. I., Jan. 14.—Fifty guinea pigs are in a special room in the Bureau of Science Building in Manila teaching a staff of food specialists what Filipino diets are good and what ones are worthless. They constitute a part of the force working under the direction of Miss Hartie Embrey, food chemist for the Rockefeller Foundation, who is here experimenting with food products in the Philippines in an effort to work out a balanced ration which will not cost the average Filipino a price out of his reach.

Part of the guinea pigs eat one diet while the others feast on another. Some of them are fat as guinea pigs can get, while others are skinnier, and still others are dying with scurvy. The latter classes are martyrs to the cause. They are dying from lack of Vitamin C. The effect of the foods under study on them will teach the food specialists, and through them the general public, that these foods are not to be eaten.

Copra Cake to Replace Beefsteak.
Miss Embrey, who has been in the Orient about two years, came here for a short stay. She is a part of the Rockefeller Foundation organization in China, and is engaged in the study of foods there. She had a vacation due her and was willing to come here and spend it at work if the Philippine government would pay the expenses of her trip. She has been here only a few weeks, but already has found valuable food products cooking to waste, while the islands squander their earnings trying to buy imported products.

For instance, copra cake, which is what is left when the oil is pressed from the coconut meat, has been found to contain more Vitamin C than any other food. A chunk of copra cake will answer the purpose of a beefsteak very nicely, she finds. Copra cake is available in the islands by the hundreds of tons. It is practically a waste product of the oil mills. When freight rates are very low and live stock in the United States high, much is shipped there for cattle feed, but conditions now are adverse to shipping it there, and there is little use for it.

The staff of workers at the Bureau of Science is making most everything from soup to dessert from it and one can eat it with far more relish than one can find in disposing of a dish of some of the most approved breakfast foods.

Experiment With Mango Bean.
This product can be placed on the Filipino tables. It will go a long way toward avoiding diseases, such as beri beri, common among Filipinos who eat too much polished rice. Also it will stop the heavy impurities in food products, which is largely responsible for an ailing trade balance for the islands.

Mango bean, common in the islands, also looks good to the food chemists, who are trying to see how many ways they can use it. It's cheaper and apparently chemically valuable for food.

Thousands of Filipinos die annually because of undernourishment and because of diseases brought on by improper foods. Miss Embrey's task is to find food products they can eat cheaply, prepare easily and eat safely. (Copyright, 1922, Public Ledger Co.)

PET DOGS CHECKED AT BERLIN THEATERS

BERLIN, Jan. 14.—Pet dogs have become so popular among the feminine population of Berlin that theater managers have been compelled to install rooms where the dogs may be checked. Some patrons complain that none of the theaters has made similar provision for checking babies, and think this is an unwarranted discrimination.

During the intermissions the women repair to the "dog room" and feed the animals with bits of sandwiches which it has become the custom for theatergoers to eat between the acts.

DRUGS EXCITE YOUR KIDNEYS, USE SALTS

If Your Back Hurts or Bladder Bothers, Drink Lots of Water.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much. Also get a good pharmacist about four ounces of Epsom Salt; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys; also to neutralize the acids in urine so it is no longer a source of irritation, thus ending bladder weakness.

Epsom Salt is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which every one should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.—Adv.

CONTINUED DROUGHT IN ENGLAND CAUSES MANY FORMS OF INDUSTRY TO CLOSE DOWN

(Special Cable to The Times-Dispatch.)
LONDON, Jan. 14.—The continued drought in England, which was so prolonged that last year the rainfall was only half normal, in addition to causing a shrinkage in many rivers and streams, has now reached a point where water is precious and scarce in those sections without elaborate water works. A startling incident has just been reported from Northampton, where many forms of industry are closed down because of lack of water. The inhabitants are forced to depend on springs in different parts of the town, and bucket brigades depend on late at all such sources of supply. The incident cited concerns one well, where the inhabitants obtain water until midnight and as early as 5 in the morning, which an analyst described "As simply a solution of St. Gile's Churchyard and totally unfit for drinking purposes."

Other parts of England where inhabitants for the last fifty years have been dependent on dew ponds to water stock and on cisterns for their own use are now entirely deprived of water, and in some instances go miles to get their supply. (Copyright, 1922, Public Ledger Co.)

CHRISTIAN COMMONWEALTH IN THE HEART OF MONGOLIA

Few Europeans and 10,000 Orientals, in Self-Governing Community, Make Desert Bloom—Owe Allegiance to God and Fellow-Men.

PEKING, Jan. 14.—Owing allegiance only to God and their fellow men, a dozen and a half Europeans and about 10,000 Chinese have founded and are operating in the heart of the desolate mountain ranges on the borders of Mongolia, where the Yellow River rises, and where, by their industry, they have literally made "the desert to blossom as a rose."


The courage, the sufferings, the industry and the triumph of the little independent state are told by a band of returning Chinese travelers.

These travelers spent days and nights in certain desolate districts of the great province of Kansu, where they could find no living human beings. The whole region lay waste like a wilderness. Day after day they passed through this stricken area, entering Mongolian territory near the source of the Yellow River and among the mountain ranges of the Haolanshan. Suddenly, in the banner of the Mongol Prince of Aikashan, they came upon a vast, fertile plain whose productivity astonished them. In the center of the plain stood a city, densely populated, and with many Western style buildings. Refreshed at this sight of civilization they were welcomed, and feared they had stumbled onto a mirage which had suddenly become real.

Founded by a Belgian.
Entering the little city, however, they discovered that it was a Christian commonwealth, founded by a Belgian missionary whom the Chinese call Min Yu-ching. This missionary had come to the foot of the Haolanshan in 1890. After making a survey of the forsaken area between the foot of the mountains and the source of the Yellow River, he purchased the land from the Prince of Aikashan, obtaining with it the right to colonize and govern his little domain as he saw fit.

Min Yu-ching at once began to develop the resources of his estate. With his own hands he proved that irrigation would make the soil produce, and in a short time a number of true Chinese Christians, who were poverty-stricken, came from some of the interior provinces of China to settle in the land and to settle there. Scientific agriculture and irrigation were taught by the missionary, and more and more immigrants came to this new paradise in the midst of desolation.

The Wutuon Kingdom of the Santacho Kingdom was the name given to the plain by the settlers. The entire area is divided into eighteen subsections. In each subsection there are between 200 and 250 families, and in each subsection fifteen or twenty there being altogether 2,500 families or 10,000 persons. There are now



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are hard workers, and each family owns two or three oxen, a couple of ponies, a few mules and between five and 200 sheep. The swiftness of the current of the Yellow River at this point has made irrigation difficult, but eight ditches have been dug which form a network to irrigate all of the farms on the plain. (Copyright, 1922, by Public Ledger Company.)

SWEDEN IS BOTTLING GERMAN "DUMPING"

Industry of Country Menaced by Teuton-Made Goods Being Imported.
(By Associated Press.)
STOCKHOLM, Jan. 14.—Swedish government agencies are trying desperately to find some methods to stop the dumping of German goods in Swedish markets.

There has been an enormous importation from Germany, at prices which Swedish manufacturers have been unable to meet owing to the fact that the German workers were paid in depreciating currency.

One of the methods suggested for reducing this German competition is that special import duties be imposed upon goods coming from countries with depreciated currency. A special tariff commission investigated this subject but advised against the adoption of such a measure.

The commission, however, recommended that the Riksdag pass a bill enabling the government to adopt measures against dumping by means of depreciated currency, provided that these measures be approved by a ninternational agreement.

POPULAR ARTIST DIES IN PARIS, AGED 60

PARIS, Jan. 14.—By the death of Joseph Ball, at the age of 60, the Societe des Artistes Francaises (the Old Salon), loses one of its most popular members and exhibitors. He was awarded its Honor Medal in 1902. Ball painted still life, soap bubbles, copper utensils and later, interior scenes, since made into their first communion dresses and generally pictures that recalled the work of early Dutch and Flemish artists.

Many of his pictures found their way to the United States.

Honor Great Russian Authors.
MOSCOW, Jan. 14.—The Soviet government continues to honor the great authors of Russia. The fortieth anniversary of the death of Dostoevski, considered by some Russians as greater than Tolstoi, has just been observed. The eleventh anniversary of the death of Tolstoi.

STOP RHEUMATISM WITH RED PEPPER

When you are suffering with rheumatism so you can hardly get around, just try Red Pepper Rub, and you will have the quick relief known. Nothing has such concentrated penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it will be gone. Nothing has such concentrated penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it will be gone. Nothing has such concentrated penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it will be gone.

GET YOUR FREE Beautiful Rounded Out Face and Figure With Good Firm Flesh

Would You Like a More Beautiful Rounded Out Face and Figure With Good Firm Flesh

Do You Wish To Increase Your Weight and Energy and Obtain a More Beautiful Skin and Complexion

Hundreds of Thousands Are Taking Yeast Vitamins—They May Be Just What You Need. Get a Free \$1.00 Package of Genuine Yeast Vitamins Tablets From Your Dealer Today as Explained Below. Try Them For Ten Days and Watch The Results

With the discovery of this remarkable nutrition substance, science has at last shown why we sometimes grow weak, thin and emaciated on an abundance of food (lacking in Vitamins), while with a much smaller amount of food, rich in Vitamins, we may quickly take on good firm flesh, increase in weight and make a remarkable gain in strength, energy, and endurance, provided of course that our blood contains a sufficient amount of oxygenated organic iron to enable us to assimilate our food properly. Without organic iron both food and Vitamins are absolutely useless, as your body cannot change iron, lifeless food into living cells and tissue unless you have plenty of organic iron in your blood. Blood examinations by physicians all over the country have shown that an enormous number of people are deficient in hemoglobin or iron content in the blood stream, and this is often the real cause of a thin, emaciated, weak and run-down condition and it is for this reason that thousands of people in your blood takes up oxygen from your lungs. The food you eat contains carbon. As digested food is absorbed into the blood, the carbon in the food comes in contact with the oxygenated iron in your blood and the carbon and oxygen unite. By so doing they give tremendous power and energy, thereby giving you great force, strength and endurance, and also resulting in the production of material which become active living cells and tissues, thus performing one of the most remarkable miracles of life. Therefore, in practically every case where Vitamins are necessary, organic iron is also necessary.

For centuries scientists tried in vain to produce organic iron. At last the problem was solved, so that you may now obtain pure organic iron from any drugstore under the name of "Nuxated Iron," which is ready for immediate absorption and assimilation by the blood the moment it enters the system.

DO NOT TAKE VITAMINS UNLESS YOU WISH TO INCREASE YOUR WEIGHT

Where it is desired simply to gain greater strength, energy and endurance and increase the firmness of your flesh and tissues, take only Yeast Vitamins Tablets. These are absolutely free from any drugstore under the name of "Nuxated Iron," which is ready for immediate absorption and assimilation by the blood the moment it enters the system.

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HAS A PEACE PLAN FOR U. S. AND JAPAN

Dr. Waddell, Long Tokyo Resident, Advocates Permanent Board.

TO PROMOTE GOOD WILL

Governments Would Each Name 16 Men and 8 Women.

By John H. Morris, Special Correspondence.
TOKYO, Jan. 14.—Dr. J. A. L. Waddell, as well known throughout the Far East as he is in New York and Kansas City, where he is located his civil engineering offices, today discussed with your correspondent his proposals already presented to the Japanese government suggesting the organization of a permanent American-Japanese peace commission. The plan as conceived by the distinguished American engineer included the appointment of one group of Japanese citizens, consisting of sixteen men and eight women, and a similar group of American citizens, the two groups to constitute the commission. Its purpose will be the investigation of conditions, social, educational, political, etc., in both countries and to report its findings to the two governments. The

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Hundreds of Thousands Are Taking Yeast Vitamins—They May Be Just What You Need. Get a Free \$1.00 Package of Genuine Yeast Vitamins Tablets From Your Dealer Today as Explained Below. Try Them For Ten Days and Watch The Results

With the discovery of this remarkable nutrition substance, science has at last shown why we sometimes grow weak, thin and emaciated on an abundance of food (lacking in Vitamins), while with a much smaller amount of food, rich in Vitamins, we may quickly take on good firm flesh, increase in weight and make a remarkable gain in strength, energy, and endurance, provided of course that our blood contains a sufficient amount of oxygenated organic iron to enable us to assimilate our food properly. Without organic iron both food and Vitamins are absolutely useless, as your body cannot change iron, lifeless food into living cells and tissue unless you have plenty of organic iron in your blood. Blood examinations by physicians all over the country have shown that an enormous number of people are deficient in hemoglobin or iron content in the blood stream, and this is often the real cause of a thin, emaciated, weak and run-down condition and it is for this reason that thousands of people in your blood takes up oxygen from your lungs. The food you eat contains carbon. As digested food is absorbed into the blood, the carbon in the food comes in contact with the oxygenated iron in your blood and the carbon and oxygen unite. By so doing they give tremendous power and energy, thereby giving you great force, strength and endurance, and also resulting in the production of material which become active living cells and tissues, thus performing one of the most remarkable miracles of life. Therefore, in practically every case where Vitamins are necessary, organic iron is also necessary.

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WILL COMBAT "DEATH WATCH" BEETLE WITH GAS IN WESTMINSTER HALL

(By Associated Press.)
LONDON, Jan. 14.—The "death watch" beetle is being fought with poison gas in the ancient Westminster Hall, the scene of many memorable events in British history.

The famous beamed roof of carved oak, dating from the year 1399, was discovered some time ago to be seriously menaced by the borings of wood beetles which had been breeding there for centuries.

The first gas that was experimented with to kill the beetles nearly proved fatal to the cleaners. Then another chemical was tried and this, it is claimed, will make the historic edifice safe for another six or seven centuries.

As this gas is heavier than air, it penetrates into the lobbies of the adjacent House of Commons, and it can therefore only be used when Parliament is not sitting.

sence of the plan is in the knowledge the people of both Japan and America consequently would gain regarding each other.

Although public announcement of the proposals was first made today at a luncheon given in Dr. Waddell's honor by the America-Japan Society, it is known that they have for some time been before high government officials for consideration. They were presented to the Emperor prior to the recent assumption of the regency by the former Crown Prince, and at least on member of the Privy Council, whose name is withheld, was among the number of influential Japanese who endorsed the proposition cordially at that time.

As it stands, the plan stipulates the payment of the commission's expenses by the two governments. Its author and supporters are confident of its acceptance by the Japanese government, but it has not yet been presented to the United States government.

Dr. Waddell first came to Japan on his honeymoon forty years ago to join the engineering faculty of the

Tokyo Imperial University. Since that time his interest in Far Eastern affairs has been intense, and he has twice been decorated by the Japanese government for his contribution to engineering progress here. This week the Prince Regent conferred on him the Second-Class Order of Merit of the Sacred Treasure, and he held already the Fourth-Class Order of the Rising Sun, conferred by Emperor Meiji in 1918. He has recently been in China as adviser in construction work being undertaken there.

With Mrs. Waddell, he will leave

Tokyo tomorrow and return to America by way of the Suez Canal. (Copyright, 1922, Public Ledger Co.)

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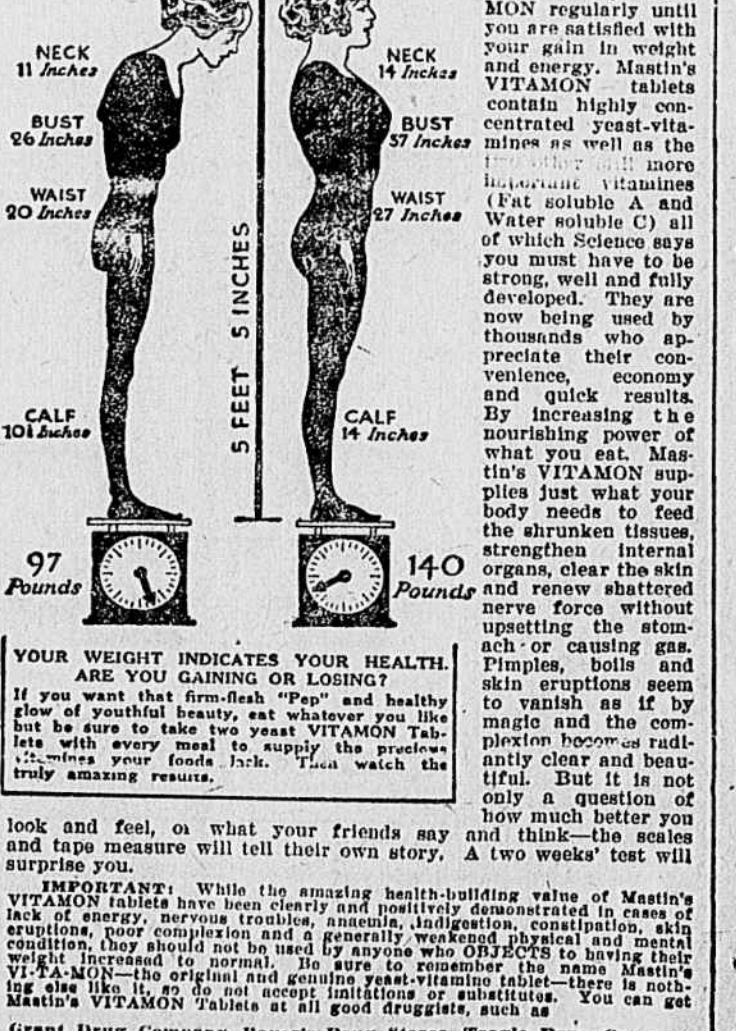


The Ugly Blackhead Unhealthy Skin

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Of What Use Are Beautiful Features if You Have an Ugly Skin, Flabby Flesh, Hollow Cheeks, or a Scrawny Neck? MASTIN'S VITAMON TABLETS are Positively Guaranteed to Give You New Health, Beauty and a Well-Rounded Face and Figure Whether You Are Young or Old, or Money back. Try Them Yourself and See.

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BUST 37 Inches

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5 FEET 5 INCHES

CALF 10 1/2 Inches

CALF 14 Inches

YOUR WEIGHT INDICATES YOUR HEALTH. ARE YOU GAINING OR LOSING?

If you want that firm-flesh "Pop" and healthy glow of youthful beauty, eat whatever you like but be sure to take two yeast VITAMON Tablets with every meal to supply the precious Vitamins your foods lack. Then watch the truly amazing results.

look and feel, or what your friends say and think—the scales and tape measure will tell their own story. A two weeks' test will surprise you.

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